

KIN 188: BASKETBALL THEORY

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	2
Total Contact Hours:	36
Lecture Hours :	36
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	72
Strongly Recommended:	ENGL 101.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Development of game techniques and strategy used in intercollegiate basketball. The course will also include teaching methods, practice organization, scouting and administration. 36 lecture hours.

Course Objectives

- develop the techniques to organize and administer an intercollegiate basketball program
- formulate specific strategies of intercollegiate basketball with reference to various offenses and defenses
- Demonstrate the correct shooting techniques: Lay-Up, Jump Shot, Free Throw
- Demonstrate various dribble used in the game of basketball
- Explain proper techniques used in setting a screen and defending the various screen and rolls

Major Course Content

1. **Coaching Foundation**
 - a. Developing a Basketball Coaching Philosophy
 - b. Communicating Your Approach
 - c. Motivating Players
 - d. Building a Basketball Program
2. **Coaching Plans**
 - a. Planning for the Season
 - b. Preparing for Practice
3. **Coaching Offense**
 - a. Basic Offensive Positions, Skills, and Sets
 - i. Man offense
 1. motion offense
 2. set or power offense
 - ii. Zone offense
 1. set offense vs. straight zone defenses
 - iii. The break
 1. primary break
 2. secondary break

- b. Teaching Offensive Skills
- c. Developing a Running Game
- d. Developing a Half-Court Offense
- e. Special Situations
 - i. Delay game
 - ii. Stall game
 - iii. Out-of-bounds situations
 - iv. Jump ball situations
 - v. Free throw alignment
 - vi. Breaking presses - man and zone

4. **Coaching Defense**
 - a. Basic Defensive Skills and Strategies
 - i. Man defense
 1. pressure defense
 2. sagging defense
 3. blocking out
 - ii. Zone defense
 1. 1-2-2
 2. 1-3-1
 3. 2-3
 4. blocking out assignments
 - iii. Pressing defense
 1. man defense
 2. zone defense
 - iv. Teaching Defensive Skills
 - v. Teaching Team Defense
 5. **Coaching Games**
 - a. Preparing for Games
 - b. Handling Game Situations
 6. **Coaching Evaluation**
 - a. Evaluating Players
 - b. Evaluating Your Program

Suggested Reading Other Than Required Textbook

Instructor Handouts

Examples of Required Writing Assignments

Coaching Strategies Offensive/ Defensive Scenarios Practice Plans
Player Evaluations Coaching Philosophy

Examples of Outside Assignments

Attend local high school or college basketball games and prepare scouting reports.

Instruction Type(s)

Lecture, Online Education Lecture